Metformin 8-Week Results Tracker

This sheet helps you prepare for a review. It does not tell you to change, stop, or combine medicine.

Four-part response dashboard

Care goal	Medicine use	Tolerance + fluids	Trend
Why was it prescribed? Which result matters?	Taken as directed? Missed doses? Plan clear?	Nausea, loose stool, eating, drinking, illness.	Requested glucose, labs, and optional weight.

Eight-week log

Week	Taken as directed?	Side effects 0–10	Food + fluids	Requested glucose/labs	Optional weight	Question
1						
2						
3						
4						
5						
6						
7						
8						

Do not use the sheet to self-adjust a dose. Weight tracking is optional.

Metformin Review and Safety Sheet

Bring this page to a pharmacist or prescriber. Use your medicine leaflet and emergency plan first.

Side-effect ladder

Level	Examples	Action
Common	Nausea, loose stool, gas, stomach pain, poor appetite	Ask if strong or not improving
Illness call	Vomiting, fever, severe diarrhea, very low fluids	Call for a medicine plan
Urgent	Deep/fast breathing, severe tiredness, muscle pain, feeling cold	Get urgent medical help

Questions for the two-month review

[ ] What was metformin prescribed to improve?

[ ] Are side effects safe and improving?

[ ] Do I need kidney or vitamin B12 checks?

[ ] Which glucose or lab trend matters now?

[ ] Is weight part of my care goal?

[ ] What should I do during vomiting, diarrhea, fever, or low fluid intake?

[ ] When should I seek urgent help?

Do not start, stop, combine, or change prescription medicine from this sheet.

Source article: nutriquora.com/blog/2-month-metformin-weight-loss-results-what-to-expect/